

# Suicide Prevention Resources

April 2011

## Crisis Lines:

**Maine**  
**1-888-568-1112**

**National**  
**1-800-273-TALK**  
**(1-800-273-8255)**

**Maine Office of Substance Abuse  
Information and Resource Center**  
*Department of Health and Human Services*  
**For Resources listed in this catalog, call 1-800-499-0027**



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

This publication contains a partial listing of resources on suicide prevention housed at the Information and Resource Center (IRC). The IRC serves all citizens in Maine. Our library catalog is online at: [www.maineosa.org/irc/](http://www.maineosa.org/irc/) Anyone can browse our catalog and borrow books, or obtain pamphlets and other resource materials. Videos are loaned free of charge to any organization in the State of Maine.

Information and Resource Center  
Office of Substance Abuse  
11 State House Station  
41 Anthony Ave.  
Augusta, Maine 04333-0011

Telephone: 1-800-499-0027 (in Maine)  
or 207-287-8900  
TTY: 1-800-606-0215  
FAX: 207-287-8910  
E-Mail: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov)  
[www.maineosa.org/irc/](http://www.maineosa.org/irc/)

To order books, videos or pamphlets:

1. Call us toll-free at 1-800-499-0027 or on our TTY at 1-800-215-7604
2. E-mail a request to [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov)
3. Fill out the online request form available on our web site: <http://maineosa.org/irc/>
4. Fax a request to 207-287-8910.

## VIDEOS

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### **BIG SHOT**

*Grade Level:* 6-12, Adult

*Details:* 20 min., 1994, Pyramid Film and Video

*Synopsis:* Guns can kill by accident, and these accidents often involve young children. How do we educate our children and protect them from this terrifying cycle? In this video two teenagers "borrow" a gun for target practice, and a devastating tragedy unfolds when a younger brother is accidentally shot. NOTE: Processing may be necessary.

### **COPING WITH DEPRESSION**

*Grade Level:* 7-12, Adult

*Details:* 20 min., 1987, Film Fair Comm.

*Synopsis:* This video explains that there are many causes of depression. The narrator carefully pinpoints ways communication and contact with the outside world work to heal emotional wounds. She gives the message that no matter how overwhelming emotions may seem, each of us has the power to make them change.

### **DAY FOR NIGHT: RECOGNIZING TEENAGE DEPRESSION**

*Grade Level:* 8-12

*Details:* 26 min., 1999, Pyramid Media

*Synopsis:* This video offers an in-depth look at the signs, symptoms and treatment of teenage depression. It includes interviews with teens who are dealing with clinical depression and bipolar disorder. Featuring the teens' family and friends as well as interviews with health professionals, the goal is to provide education, support and hope to teens suffering from this debilitating yet very treatable disease

### **DEPRESSION/STRESS (AMERICAN TEEN VIDEO MAGAZINE SERIES)**

*Grade Level:* 7-12, Adult

*Details:* 20 min., 1987, United Learning

*Synopsis:* This program looks at the struggles of several teenagers as they deal with depression. Often this depression is brought on by stress. It helps teens to identify the warning signs and feelings that trigger stress and depression. Teens talk about the ways they've learned to reduce stress by positively handling anger and fears and about using professional help to overcome depression.

### **DEPRESSION: ON THE EDGE (IN THE MIX SERIES)**

*Grade Level:* 7-12

*Details:* 30 min., 1998, Castle Works Inc.

*Synopsis:* This In the Mix special breaks down taboos and common myths about depression in young people, speaking honestly and showing teens where and how to get help. Three teens who have been diagnosed and treated for depression recount their battle and victory. Dr. Belisa Lazano-Vranich from the National Mental Health Association gives us a doctor's eye view of the symptoms, causes and solutions surrounding depression. A visit to Pierre South Dakota investigates why this city of 13,000 has the highest per capita rate of teen suicide in the U.S. Pierre residents show how teens and adults have joined together to confront the issue with education and prevention. Finally, In the Mix takes an intimate look at the friends and family left in the wake of suicide.

### **DEPRESSION: TRUE STORIES (DVD)**

*Grade Level:* 6-12, College, Adult

*Details:* 26 min., 2007, Blakeworks

*Synopsis:* This video provides first person accounts of the suffering associated with this life threatening illness - depression. At the same time, it inspires hope about the power of treatment. It is designed to educate adolescents, young adults, parents, other caregivers, and health care professionals about a serious illness that can and should be treated.

### **DON'T KILL YOURSELF: ONE SURVIVORS MESSAGE:**

*Grade Level:* 9-12

*Details:* 25 min., 1998, Kinetic

*Synopsis:* This is the story of a young man, David, who, at 16 years of age, survived a suicide attempt. Now 22, he shares the events of his life leading up to the attempt, including how low self-esteem led to drug addiction, and how the addiction encouraged the sense that life was no longer worth living. David goes on to describe the suicide attempt, his recovery from addiction, and how he has since changed his life.

### **EARLY SIGNS OF DISTRESS (YOUTH VIOLENCE PREVENTION TELECONFERENCE) (program 3)**

*Grade Level:* Adult

*Details:* 45 min., 2000, Natl. Education Association

*Synopsis:* How does a system identify and respond to warning signs of distress in children? What are some effective and comprehensive responses? What is an appropriate role for the school and its employees? How do we avoid stigmatizing children who may be in trouble? This program will look at two school communities - one in Los Angeles, CA and the other in Westerly RI, and their efforts to understand and heed the messages that young people send.

### **FATAL MISTAKES: FAMILIES SHATTERED BY SUICIDE**

*Grade Level:* Adult, Prof

*Details:* 45 min, 1998, American Foundation for Suicide Prevention

*Synopsis:* Fatal Mistakes chronicles the recovery of several families in the aftermath of suicide. The film introduces brothers and sisters, daughters and sons, mothers and fathers who struggle daily with the loss, stigma, blame, and shame that inevitably accompany such a tragic death. These "survivors" share their common experience with the hope that they will comfort others experiencing similar grief and prevent others from experiencing the pain of losing a loved one to suicide.

### **FIERCE GOODBYE: LIVING IN THE SHADOW OF SUICIDE (VHS & DVD)**

*Grade Level:* Adult

*Details:* 44 min., 2004, Mennonite Mission Network

*Synopsis:* In this documentary five families share their pain in dealing with the numbing after effects of suicide. Additional families, individuals, mental health experts, Bible scholars and theologians add their experiences and insights in dealing with the issue of suicide. It looks at the role of faith and suicide: where is my loved one now? Can they be forgiven? How can I still have faith and go on? Hosted by Judy Collins, the program also features Dr. Kay Redfield Jamison, professor of psychiatry at Johns Hopkins University. \*The DVD contains an additional 2 1/2 hours of material including: Family stories in more depth, Role of mental illness and depression in suicide, Suicide and beliefs about God, After death experiences, Healing and hope in personal experiences and reaching out to others, Interview with host Judy Collins and "Why?" poem by Gwendolyn Carr.

### **FRIENDS FOR LIFE**

*Grade Level:* 7-12, Adult

*Details:* 22 min., 1987, G. T. R. Productions

*Synopsis:* This video illustrates how several young people take the steps to confront friends who are

depressed and might be candidates for suicide attempts. It demonstrates the language and skill needed to help a friend in trouble get professional help. In addition to offering techniques, the video reviews the warning signs for suicide. It discusses research that states two out of three teenagers who are suicide victims have been involved with alcohol and other drugs.

### **THE GIRL MOST LIKELY TO...**

*Grade Level:* 7-12, Adult

*Details:* 25 min., 1993, Bureau for At-Risk Youth

*Synopsis:* Sheri comes close to the breaking point when she tries to fulfill her father's dreams for her to go to college.

### **GRIEF: HOW TO HELP CHILDREN FEEL, DEAL AND HEAL**

*Grade Level:* Adult

*Details:* 85 min., 1999, Corporate Image

*Synopsis:* This video is designed to help parents, teachers, counselors and caregivers guide children through their grief.

### **INNER VIEWS OF GRIEF**

*Grade Level:* 7-12, Adult

*Details:* 30 min., 1995, Fanlight Prod.

*Synopsis:* Five young adults from ages 14 to 26 discuss their reactions to the sudden, sometimes violent death of a parent, sibling or friend. These young women and men talk about what helped them at the time of death, how family relationships changed, how they have coped with their feelings, and the ways they have commemorated the deceased. This video can serve as a teaching tool for mental health professionals, teachers, school crisis teams, hospice workers, clergy, funeral directors, parents and bereaved individuals of all ages. It is highly recommended that the video be facilitated by someone skilled in leading discussions on grief response. The video often evokes strong emotions in viewers. The facilitator should feel competent in being able to support the viewer responses.

### **IT'S NEVER TOO LATE: STOPPING TEEN SUICIDE**

*Grade Level:* 9-12

*Details:* 28 min., 2004, Human Relations Media

*Synopsis:* Armed with the latest statistics and facts on teen suicide, this program teaches viewers how to recognize and respond to the risks of teen suicide. The video stresses that students should not be afraid to ask if a peer is thinking about suicide and that it is important to get help. It includes the true story of several teens who recognized the warning signs in a classmate, contacted a trusted adult, and--because of their intervention--saved a life.

### **KIDS AND GUNS: MAKING THE RIGHT CHOICE**

*Grade Level:* 6-8

*Details:* 30 min., 2000, ME Youth Suicide Prevention

*Synopsis:* 'Kids and Guns: Making the Right Choice' was designed to educate children in grades 6-8, parents and other concerned adults about staying safe around guns. Performed by real students, three situations involving firearms are demonstrated in a school play format. Also included are segments about youth suicide, with a shooting victim, and with parents who lost their 15-year-old son. The video is recommended for use by law enforcement, firearm safety instructors, health educators, after school programs, youth group leaders, and public safety and medical care staff.

### **LET IT NOT BE IN VAIN**

*Grade Level:* 9-12, Adult

*Details:* 44 min., 1998, Media Guild

*Synopsis:* This true story of a teenager's suicide resulting from alcohol abuse is told by his family and friends. Viewers learn how to recognize the symptoms of acute alcohol intoxication and what to do when a friend exhibits these symptoms. They also learn the warning signs for suicide and how to respond to a friend who may be feeling depressed, angry, hopeless and/or helpless. The video begins with a class lecture given by the teenager's mother. Interviews with friends and family help recreate his last hours. This video will stimulate class discussion about preventing major causes of death in young people.

### **LIFE 101-LEARNING TO SAY YES!**

*Grade Level:* 8-12

*Details:* 31 min., 1991, Pyramid Film & Video

*Synopsis:* Life can at times be painful. But getting rid of the pain doesn't have to mean throwing that life away. Suicide is one of the most difficult and urgent issues teens face. Talking about it means talking about feelings of loneliness and inadequacy which most of us try very hard to set aside. The rate of teen suicide has reached epidemic proportions. It's an issue that needs to be openly discussed. Dawson McAllister talks with teachers, counselors, police, and medics who must witness the devastating effects of attempts at suicide. We must help one another recognize that each of us is unique and has something to contribute to the world.

### **A LIFE SAVED: THE STORY OF A SUICIDE INTERVENTION (DVD+VHS)**

*Grade Level:* 8-12, Adult

*Details:* 10 min., 2002, Maine Youth Suicide Prevention Program

*Synopsis:* The video is appropriate for use with both adult and youth audiences to illustrate the value of teaching everybody about suicide prevention. When knowledgeable, trusted adults and young people are educated to know how to recognize and respond to suicidal behavior, more suicides will be prevented. This video can stand alone, but is especially effective when used with a companion video "Suicide: A Guide to Prevention."

### **LONELINESS**

*Grade Level:* 7-12, Adult

*Details:* 11 min., 1992, Kinetic Inc.

*Synopsis:* Many teens acknowledge they feel a little lonely sometimes, but when given the opportunity to open up, they reveal significant pockets of loneliness hidden in the dark closets of their hearts. The secret nobody tells is that everybody is lonely. Loneliness means different things to different people. The teens in this program talk about being outside the group, trouble

making friends, not being accepted/loved by parents and peers, wanting to be alone, abuse, physical differences, racism, depression, and how to deal with loneliness - destructively and constructively. Kids discover that there are people who care, that everyone feels loneliness, that counseling and talking helps, and that there are positive ways to deal with loneliness.

### **LOST AND FOUND: YOUNG PEOPLE TALK ABOUT DEPRESSION**

*Grade Level:* 5-9

*Details:* 21 min., 1996, Film Ideas

*Synopsis:* This video features eight young adults from age eleven to twenty, who discuss the sources, impact and aftermath of depression on their lives and describe the effects of depression on their feelings, actions, conversation and even their choice of clothing. This video is intended to stimulate discussions for young adults on the difficult issue of depression.

### **THE OTHER SIDE OF BLUE: THE TRUTH ABOUT TEENAGE DEPRESSION**

*Grade Level:* 9-12, Adult

*Details:* 31 min., 2000, Fanlight Productions

*Synopsis:* Case studies of teenage depression, with commentary by psychiatrists and social workers.

## **A PREVENTABLE TRAGEDY: FIRST RESPONSE TO SUICIDAL YOUTH**

*Grade Level:* Adult

*Details:* 24 min., 1999, ME Youth Suicide Prevention

*Synopsis:* This videotape provides information about the issue of youth suicide. It is a training tool designed to educate the viewer about youth suicide and early intervention steps that may help prevent the tragedy. The video works well both as a stand-alone educational viewing and as part of a youth suicide prevention awareness program. A study guide with additional information is included to enhance the learning experience. This video has been developed for an adult audience including public safety personnel, educators, counselors, therapists, parents and others concerned about youth suicide. Program elements include: An Introduction to the problem of youth suicide; The importance of Understanding your own feelings about suicide; Warning signs & clues, risk and protective factors; Scenarios, illustrating some basic interventions; How to support family members after an attempted or completed suicide.

## **POWER SURGE SERIES: HOT TOPICS FOR TEENS**

*Grade Level:* 7-12, Adult

*Details:* 7 @ 16 min., 1995, Bureau for At-Risk Youth

*Synopsis:* These are fast-paced documentaries for teens. Every story is real, and relates to teens. They are combined with help, encouragement, and advice from experts who help teens all the time.

- 1) **Alcohol**
- 2) **Drugs**
- 3) **Suicide**
- 4) **Self Image**
- 5) **Loneliness**
- 6) **Depression**
- 7) **Stress**

## **REACH OUT WITH HOPE-ADULT SUICIDE**

*Grade Level:* Adult

*Details:* 19 min., 1992, Suicide Information & Education Center

*Synopsis:* This video, serves as an introduction to the issue of suicide among adults, provide viewers with an overview of some of the risk factors for adult suicide and characteristics that have been found to be common among adults who have committed suicide. The video also provides some guidelines on how to assist an adult who is experiencing a suicidal crisis.

## **STRESS**

*Grade Level:* 7-12, Adult

*Details:* 15 min., 1993, Kinetic

*Synopsis:* In this video, teens candidly discuss the stress they live with and its causes and costs. Sources of stress are often from our own neighborhood

environment, our home life and how we deal with parents or siblings, and peers, school pressure, the stress we put on ourselves, the strain of dating and the results of close emotional relationships such as worry over STD's and AIDS- and even the tension caused by the effects on overall health as a result of other stresses.

## **SUICIDE: A GUIDE TO PREVENTION**

*Grade Level:* 7-12, Adult

*Details:* 22 min., 1998, NoodleHead Network

*Synopsis:* In a Kid-friendly way, this video clearly shows what kids can do if a fellow teen is talking about suicide or showing warning signs. Interviews with previously suicidal teens reinforce the importance of the role-plays that follow. Created by a group of teens and counseling experts, this video is also an excellent training tool for professionals who want to hone their skills in talking with kids.

## **SUICIDE: A GUIDE TO PREVENTION (SHORT VERSION)**

*Grade Level:* 7-12, Adult

*Details:* 13 min., 2004, Noodlehead Network

*Synopsis:* This is a shorter version of the original video (of the same name) that features kids showing other kids what to do if a fellow teen is talking about suicide or showing warning signs. The video was created by a group of teens and counseling experts and is an excellent training tool to demonstrate intervention skills for both teens and adults. It is especially effective when used as a companion video to "A Life Saved," which is the true story of how three Maine boys intervened with a friend as a direct result of watching "Suicide. A Guide to Prevention" as a part of the Lifelines Program offered in their health class.

## **SUICIDE PREVENTION: A TEACHER'S TRAINING PROGRAM**

*Grade Level:* Adult

*Details:* 33 min., 1986, Human Relations Media

*Synopsis:* Part I, A Cry for Life, examines teenagers' struggles to make the transition from childhood to adulthood and how this can seem overwhelming. It also states that suicidal teens often do not fully understand the finality of death. Suicidal teens feel isolated and unable to find a healthy way to cope with their pain. Sources of help can be family and school. Part II explains that there are ways educators can identify the problem and help.

**SURVIVING SUICIDE: THOSE LEFT BEHIND**

*Grade Level:* Adult

*Details:* 51 min., 2003, Discovery Channel

*Synopsis:* What happens to the loved ones left behind following a completed suicide? When unable to escape feelings of guilt, they are nine times more likely to take their own lives. Judy and Paul Tunkle-who lost their daughter, Lea, at the age of 22-have worked tirelessly to change that. This program highlights their efforts, as well as the labors of many survivors, to provide assistance to those left in suicide's wake. Along the way, the Tunkles reflect on their daughter's life, and other survivors share their experiences of loss and hope.

**TEENAGE SUICIDE (AMERICAN TEEN VIDEO MAGAZINE SERIES)**

*Grade Level:* 7-12, Adult

*Details:* 18 min. 1987, Neff Productions

*Synopsis:* This program brings the issue of teenage suicide out in the open by going straight to the source: the teenagers themselves. We meet real teenagers who tell us about their experiences with suicide and what brought them to that point. The first step in preventing suicide is to talk about it.

**TEENAGE SUICIDE: IS ANYONE LISTENING?**

*Grade Level:* 7-12, Adult

*Details:* 22 min., 1983, Barr Films

*Synopsis:* This video helps young people in trouble realize that there is help for them. It is also for the friends of suicidal teenagers to help them learn to understand and most importantly, to listen to friends who are depressed and isolated. The video documents the lives of two young people who have attempted suicide. As their stories unfold, their feelings and motives are revealed. We see their families, friends, and counselors - people who have helped them discover that their problems have solutions and that tomorrow does hold out hope.

**THE TRUTH ABOUT SUICIDE: REAL STORIES OF DEPRESSION IN COLLEGE**

*Grade Level:* College, Adult

*Details:* 27 min., 2005, AFSP

*Synopsis:* This video was developed by the American Foundation for Suicide Prevention as a part of its commitment to support Colleges and Universities in implementing suicide prevention as an integral part of their ongoing campus activities and services. The aim of this film is to present a recognizable picture of depression and other problems associated with suicide, as they are commonly experienced by college students and other young adults.

**UNDERSTANDING SUICIDE AND ADDICTION (DVD+VHS)**

*Grade Level:* Adult

*Details:* 20 min., 2003, Hazelden

*Synopsis:* People who have been diagnosed with addiction and have contemplated suicide share firsthand experiences. The video discusses risk and protective factors, and focuses on practical strategies to reduce suicide risk and improve life quality. Professionals provide clinical insights on key issues.

## **BOOKS:**

For a complete listing, visit our online catalog at:

**<http://maineosa.org/irc/>**

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**Adolescent suicide: a school based approach to assessment and intervention/**

William G. Kirk, Edina, MN: Johnson Institute 1993

SUI K59s

**Adolescent suicide: assessment and intervention /** Alan L. Berman and David A. Jobes,

Washington, D.C.: APA, 1991

SUI B516as

**Adolescent suicide: the task force on the prevention of adolescent suicide and self-destructive behaviors/** Augusta, ME: Office of Substance Abuse, 1996

SUI A239s

**After a suicide: a workbook for grieving kids/** Burnsville, N.C.: Compassion Books 2001

SUI A258sw

**Assessment and prediction of suicide/** edited by Ronald W. Maris, NY: Guilford Press, 1992

SUI M342a

**Breaking the silence: a guide to help children with complicated grief--suicide, homicide, AIDS, violence and abuse/** Washington, DC, Accelerated Development, 1996

ADO G619bs

**But I didn't say goodbye: for parents and professionals helping child suicide survivors/**

Barbara Rubel. Kendall Park, N.J., Griefwork Center, 1999

SUI R638bd

**Children of Jonah: personal stories by survivors of suicide attempts/** edited by James T.

Clemons. Sterling, VA, Capital Books, 2001

SUI C626cj

**Choosing to live: how to defeat suicide through cognitive therapy/** Thomas E. Ellis & Cory F.

Newman, Oakland, CA: New Harbinger Pub. 1996

SUI E47cl

**Companion through the darkness: inner dialogues on grief/** Stephanie Ericsson.

New York, N.Y.: Harper Perennial, 1993

SUI E68ct

**Current practices in screening, referral and management of suicidal youths by a sample of primary care providers in Maine, April 2002/** Prepared by Dheeraj Bansal, Diane Haley and

Jennifer Boynton Augusta, ME, USM Muskie School, 2002

SUI B219cp

**Death at school: a guide for teachers, school staff, counselors and administrators/** Janice

Lord, Irving, TX: MADD 1995.

SUI L866ds

**Dying to be free: A healing guide for families after a suicide/** Beverly Cobain, Jean Larch,

Center City, MN: Hazelden. 2006

SUI C652db 2006



- Five minutes of your time can mean a lifetime to a suicidal adolescent/**  
Chicago, IL: University of Illinois at Chicago, 1995 SUI F565my
- Grieving a suicide: a loved one's search for comfort, answers & hope/** Albert Y. Hsu,  
Downers Grove, IL: Intervarsity Press, 2002 SUI H873gs 2002
- Grieving, sharing and healing: a guide for facilitating early adolescent bereavement groups/** Rekka Murthy & Lisa Lorraine Smith, Champaign, IL: Research Press, 2005.  
SUI M984gs
- Help me, I'm sad: recognizing, treating, and preventing childhood and adolescent depression/** David G. Fassler and Lynne S. Dumas. New York: Viking, 1997.  
SUI F249hm
- Helping children grieve: when someone they love dies/** Theresa Huntley.  
Minneapolis, MN: Augsburg, 1991. SUI H954hc
- Helping children manage stress: a guide for adults/** James H. Humphrey; foreword by Paul J. Rosch. Washington, DC: Child & Family Press, 1998. PSY H927hc
- Helping teens cope with death/** Portland, OR: The Dougy Center, 1999.  
SUI H483tc
- Helping the grieving student: a guide for teachers. /** Portland, OR: The Dougy Center, 1999.  
SUI H483gs
- Helping your child cope with depression and suicidal thoughts/** Tonia K. Shamoo San Francisco, CA: Jossey-Bass, 1990. SUI S528hy
- Helping your depressed child: a step-by-step guide for parents/** Martha Underwood Barnard, Oakland, CA: Publishers Group West, 2003 SUI B259hy
- Helping your depressed teenager: a guide for parents and caregivers/** Gerald D. Oster Wexford, PA: Courage to Change 1995 ADO O85h
- How I stayed alive when my brain was trying to kill me: one person's guide to suicide prevention/** Susan Rose Blauner, N.Y., W. Morrow, 2002. SUI B645hs
- International handbook of suicide and attempted suicide/** edited by Keith Hawton and Kees van Heeringen, N.Y., Wiley, 2000. (*library use only*) SUI H399hs
- Katie's diary: unlocking the mystery of suicide/** edited by David Lester, NY: Brunner-Routledge, 2004. SUI K19du
- Living when a young friend commits suicide, or even starts talking about it/** Earl A. Grollman and Max Malikow., Boston, Beacon Press, 1999. SUI G875

- Making sense of suicide: an in-depth look at why people kill themselves/**  
David Lester. Philadelphia, PA: Charles Press, 1997. SUI L642ms
- Measuring suicidal behavior and risk in children and adolescents/** David B. Goldston. New York: APA Books, 2003 SUI G622m
- A new lease on life: facing the world after a suicide attempt/** John A. Chabot.  
Minneapolis, MN: Fairview Press, 1997. SUI C428nl
- Night falls fast: understanding suicide/** Kay Redfield Jamison, NY: Knopf, 1999.  
SUI J32nf
- No one saw my pain: why teens kill themselves/** Andrew E. Slaby, Lili Frank Garfinkel, New York: Norton, 1994. ADO S631
- No time for goodbyes: coping with sorrow, anger, and injustice after a tragic death/** by Janice Harris Lord. Ventura, CA: Pathfinder Pub.1991. SUI L866nt
- A parent's guide for suicidal and depressed teens: help for recognizing if a child is in crisis and what to do about it/** Kate Williams, Center City, MN: Hazelden, 1995. SUI W724pg
- People in crisis: understanding and helping/** Lee Ann Hoff, San Francisco, CA: Jossey-Bass Publishers 1995 PSY H698p
- Perspectives on college student suicide /** Ralph L.V. Rickgarn, Amityville, N.Y.: Baywood Pub. Co., 1994 EDU R539pc
- Planning to live: evaluating and treating suicidal teens in community settings/** Mary Jane Rotheram-Borus, Mount Dora, FL: Kidsrights 1990. SUI R846p
- The power to prevent suicide: a guide for teens helping teens/** Richard E. Nelson  
Minneapolis, MN: Free Spirit, 1994. SUI N429
- Practice principles: a guide for mental health clinicians working with suicidal children and youth/** British Columbia, Ministry of Children and Family Development, 2001 SUI P895pg
- Preventing youth suicide: a handbook for educators & human service professionals/**  
Marcia L McEvoy Holmes Beach, FL: Learning Publications 1994. SUI M142py
- Preventing youth suicide through gatekeeper training/** Loren Coleman, Susan O'Halloran, Augusta, ME: Medical Care Development Inc., 2001 SUI P944ys 2001
- Recovering from depression: a workbook for teens/** by Mary Ellen Copeland and Stuart Copans, Baltimore, MD, Paul H. Brookes Pub. 2002 SUI C784rd
- Step by step to suicide prevention: a planning guide for schools/** William Kane & Marcia Quackenbush, Santa Cruz, CA ETR Assoc., 2005 SUI K16ss 2005

**Straight talk about death for teenagers: how to cope with losing someone you love** / Earl A. Grollman, Boston: Beacon Press, 1993. SUI G875st

**A student dies, a school mourns: dealing with death and loss in the school community/** Ralph L. Klicker, Philadelphia, PA: Accelerated Development, 2000. SUI K65sd

**Suicidal youth and the school: an educator's guide/** Sigurd Zielke Troy, MI: Performance Resource Press 1994. SUI Z66s

**Suicide and the older adult/**Antoon A. Leenaars, editor, NY: Guilford Press 1992. SUI S486L

**Suicide clusters/** Loren Coleman Boston, MA: Faber & Faber, 1987 SUI C716s

**Suicide: an essential guide for helping professionals and educators/** Darcy Haag Granello & Paul F. Granello, Boston: Pearson/Allyn & Bacon, 2007. SUI S749eg 2007

**The suicide of my son: a story of childhood depression** / by Trudy Carlson. Duluth, MN: Benline Press, 1995. SUI C284sm

**Suicide postvention guidelines: suggestions for dealing with the aftermath of suicide in the schools/** Washington, DC: American Association of Suicidology [1991] SUI S948pg

**Suicide prevention in schools/** edited by Antoon A. Leenaars and Susanne Wenckstern, New York, NY: Hemisphere, 1991. SUI L486sp

**Suicide prevention in the schools: guidelines for middle and high school settings/** David Capuzzi, Alexandria, VA: American Counseling Association, 1994 SUI C255sp

**Suicide, survivors: a guide for those left behind/** Adina Wroblewski, Minneapolis, MN: Afterwords, 1994. SUI W957ss

**Suicide survivors' handbook: a guide for the bereaved and those who wish to help them/** Trudy Carlson, Duluth, MN: Benline Press, 1995 SUI C284ss

**Suicide the forever decision: for those thinking about suicide and for those who know, love and counsel them/** Paul G. Quinnett, Wexford, PA: Courage To Change, 1996. SUI Q7s

**Suicide: understanding and responding: Harvard medical school perspectives** / edited by Douglas Jacobs & Herbert N. Brown, Madison, CT: International Universities Press, 1990 SUI J17s

**Suicide--why? 85 questions and answers about suicide** / Adina Wroblewski, Minneapolis, MN: Afterwords, 1995. SUI W957sw

**Team up to save lives what your school should know about preventing youth suicide/** Chicago, IL: University of Illinois at Chicago, 1995. SUI T253us

- Teen suicide/** Judith Galas, San Diego, CA: Lucent Books, 1994. SUI G146ts
- Teen suicide: is it too painful to grow up?/** Eleanor Ayer, NY: Twenty-First Century Books, 1993. SUI A976ts
- Touched by suicide: hope and healing after loss/** Michael F. Myers, NY: Gotham Books, 2006. SUI M996ts 2006
- Understanding suicide and addiction/** Patricia Owen. Center City, MN: Hazelden 1994. SUI O97us
- When a friend dies: a book for teens about grieving and healing/** Marilyn E. Gootman. Minneapolis, MN: Free Spirit, 1994. SUI G659wf
- What on earth do you do when someone dies?/** Trevor Romain: edited by Elizabeth Verdick, Minneapolis, MN: Free Spirit Press 1999 SUI R757
- When death impacts your school: a guide for school administrators/** Portland, OR: The Dougy Center, 2000 SUI W567di
- When living hurts: a lively what-to-do book for yourself or someone you care about who feels discouraged, sad, lonely, hopeless, angry or frustrated, unhappy or bored, depressed, suicidal /** Sol Gordon, NY: UAHC Press, 1994. SUI G665wl
- When nothing matters anymore: a survival guide for depressed teens/** by Bev Cobain ; edited by Elizabeth Verdick, Minneapolis, MN : Free Spirit, 1998. SUI C652wn
- Why people die by suicide/** Thomas E. Joiner, Cambridge, MA: Harvard Univ. Press, 2005. SUI J74wp 2005
- Why suicide? Answers to 200 of the most frequently asked questions about suicide, attempted suicide, and assisted suicide/** Eric Marcus, NY: HarperCollins, 1996. SUI M322w
- Youth at risk: a prevention resource for counselors, teachers, and parents/** edited by David Capuzzi and Douglas R. Gross Troy, MI Performance Resource Press 1996 PRE C255y
- Youth suicide: a comprehensive manual for prevention and intervention /** Barbara Barrett Hicks. Bloomington, IN: National Educational Service, 1990 SUI H631y
- Youth suicide prevention, intervention and postvention guidelines: a resource for school personnel/** Augusta, ME: Maine Youth Suicide Prevention Program, 2006. (*available for distribution*) SUI Y83ip

## **PAMPHLETS from the IRC:**

- ❖ **About Suicide: From Depression to Hope**
- ❖ **After an Attempt (Medical Providers, Family or Yourself)**
- ❖ **CAL Card: Caring About Lives** (wallet card with warning signs, how to help and crisis number.)
- ❖ **Coping With Loss from Suicide**
- ❖ **Depression: Self Assessment**
- ❖ **Depression: There's Hope and Help**
- ❖ **Depression and Suicide for Older Adults**
- ❖ **Living with Someone Who is Depressed**
- ❖ **Maine Youth Suicide Prevention Education, Resources and Support—It's Up to All of Us.: Information Booklet**
- ❖ **Real Men, Real Depression**
- ❖ **Suicide –A Cry for Help**
- ❖ **Suicide: Its Up to All of Us**
- ❖ **Suicide is Preventable (bookmark)**
- ❖ **Suicide: Who is at Risk? A Checklist of Signs and Symptoms**
- ❖ **Suicide—Young Lives at Risk**
- ❖ **Teen Depression and Suicide**
- ❖ **When it Seems like there is No Hope; There is hope**
- ❖ **Worried About a Friend (book cover and poster)**

## RESOURCES on the WEB

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### SUICIDE & DEPRESSION

#### **Maine Youth Suicide Prevention Program**

**[www.state.me.us/suicide](http://www.state.me.us/suicide)** The MYSPP provides information about initiatives throughout Maine, training information, where to get help, and links to featured resources. The site includes specialty resource sheets for clergy, colleges, veterans, American Indians, school personnel and police and fact sheets for parents and educators.

#### **American Association of Suicidology (AAS)**

**[www.suicidology.org](http://www.suicidology.org)** The American Association of Suicidology (AAS) promotes research, public awareness programs, and education and training for professionals and volunteers. In addition, it serves as a national clearinghouse for information on suicide. This site provides things you should know about suicide, membership information, a listing of AAS publications, and conference information.

#### **The American Foundation for Suicide**

**Prevention (AFSP) [www.afsp.org/](http://www.afsp.org/)** The American Foundation for Suicide Prevention is dedicated to advancing our knowledge of suicide and our ability to prevent it. Provides links to the Best Practices Registry for Suicide Prevention.

#### **Centre for Suicide Prevention-**

**[www.suicideinfo.ca/](http://www.suicideinfo.ca/)** The Centre's Suicide Information and Education Collection (SIEC) holds the world's largest English language collection of materials on suicide and suicidal behaviours with more than 31,000 references to print and audiovisual resources on prevention, intervention, and postvention. This site gives recommendations on where to get help, in both Canada and the U.S. Links to crisis support information, and other helpful suicide prevention sites are provided.

#### **Cornell Research Program on Self Injurious Behavior in Adolescents and Young Adults**

**[www.crpsib.com/whatissi.asp](http://www.crpsib.com/whatissi.asp)** This site summarizes the work being done at Cornell and provides links and resources for information of value in understanding, detecting, treating, and preventing self-injurious behavior (SIB) in adolescents and young adults.

#### **Depression and Bipolar Support Alliance**

**[www.DBSAAlliance.org](http://www.DBSAAlliance.org)** DBSA offers information on depression and bipolar disorder as well as listings to patient support groups across the USA. They answer over 3,000 calls on their toll-free information and referral line and receive over seven million hits per month on their website. Each month they distribute nearly 20,000 educational materials free of charge to anyone requesting information about mood disorders.

#### **International Association for Suicide**

**Prevention (IASP) [www.ISAP.info](http://www.ISAP.info)** An international association of concerned persons and organizations working in suicide prevention.

#### **The Jed Foundation [www.jedfoundation.org](http://www.jedfoundation.org)**

The Jed Foundation is the nation's leading organization working to prevent suicide and promote mental health among college students.

#### **Light for Life Foundation of America**

**[www.yellowribbon.org/](http://www.yellowribbon.org/)** This Foundation developed the Yellow Ribbon Program for preventing youth suicide. The site also includes suicide facts and statistics.

### **National Suicide Prevention Lifeline**

**[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)** This is a network of crisis centers serving the entire country. Calls originating from anywhere in the country will be routed, 24 hours a day, to the nearest available crisis centers. Site has information on how to get help and how to get involved.

### **SAMHSA's National Mental Health Information Center (Mental Health Topics, Suicide)**

**[www.samsha.gov/prevention/suicide.aspx](http://www.samsha.gov/prevention/suicide.aspx)**  
Links to data, resources, free publications and events.

**SAVE -- Suicide Awareness Voices of Education (SAVE)** **[www.save.org](http://www.save.org)** Dedicated to preventing suicide through public awareness and education, reducing stigma, and serving as a resource for those touched by suicide.

### **SPAN (Suicide Prevention Advocacy Network)** **[www.spanusa.org/](http://www.spanusa.org/)**

A U.S. network of persons working to raise national awareness and advocate for a national suicide prevention policy.

### **Suicide Prevention Resource Center**

**[www.sprc.org](http://www.sprc.org)** This site is the home of over 490 web pages and 250 library resources on suicide prevention information. It provides a range of information from suicide prevention and mental health news to strategic tools for developing suicide prevention programs. Individual state suicide prevention pages, news and events, an online library, training, and links to other web sites are also provided.

### **Suicide Reference Library**

**[www.suicidereferencelibrary.com](http://www.suicidereferencelibrary.com)** Provides helpful information to those who are involved in suicide awareness, grief support and educational activities. The library contains copies of articles and reports from other sites on the internet.

### **Stop a Suicide Today** **[www.stopasuicide.org](http://www.stopasuicide.org)**

Screening tools, fact sheets and resource links for professionals and survivors.

### **Washington Youth Suicide Prevention**

**Program** **[www.yspp.org](http://www.yspp.org)** Washington State Youth Suicide Prevention website with prevention, training, and other resources. Provides links to national organizations and their resources.

## **HEALTH & MENTAL HEALTH**

### **Active Minds on Campus**

**[www.activeminds.org](http://www.activeminds.org)** is a nonprofit that develops and supports student-run mental health awareness, education, and advocacy chapters on college campuses across the country.

### **American Academy of Child and Adolescent Psychiatry (AACAP)** **[www.aacap.org/](http://www.aacap.org/)**

A leading national professional medical association dedicated to treating and improving the quality of life for children, adolescents, and families affected by mental, behavioral, or developmental disorders.

### **American Academy of Pediatrics (AAP)**

**[www.aap.org](http://www.aap.org)** An organization of 60,000 pediatricians, dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults. This site features a parenting corner and children's health topics.

### **American Psychiatric Association (APA)**

**[www.psych.org/](http://www.psych.org/)** The APA is a medical specialty society recognized world-wide. Its 38,000 members of U.S. and international physicians specialize in the diagnosis and treatment of mental and emotional illnesses and substance abuse disorders.

### **Centers for Disease Control and Prevention (CDC)** **[www.cdc.gov](http://www.cdc.gov)**

The CDC is an agency of the U.S. Department of Health and Human Services. In addition to health statistics, this website provides access to publications, health information, and funding announcements.

**KidsHealth.org [www.kidshealth.org/](http://www.kidshealth.org/)**

This is a website for children's health information sponsored by the American Medical Association and the Nemours Foundation. It provides parents with children's health information on such topics as childhood infection, emergencies and first aid, safety and injury prevention, child development, and understanding and preventing teen suicide.

**Mental Health America (MHA)**

**[www.nmha.org/](http://www.nmha.org/)** Mental Health America is dedicated to promoting mental health, preventing mental disorders, and achieving victory over mental illness through advocacy, education, research, and service.

**National Alliance on Mental Illness**

**[www.nami.org](http://www.nami.org)** NAMI is a grassroots organization for people with mental illness and their families. The web site is a source of information, referrals and education.

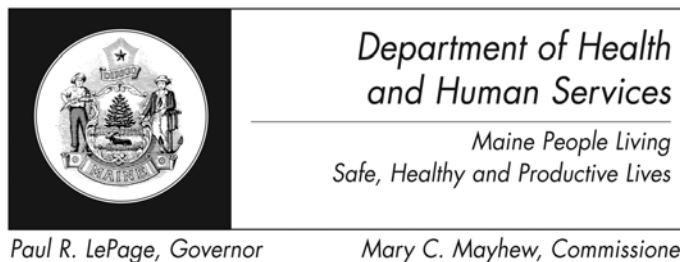
**National Foundation for Depressive Illness**

**[www.ifred.org](http://www.ifred.org)** The National Foundation for Depressive Illness (NAFDI) provides public and professional information about Affective Disorders, the availability of treatment, and the need for further research. The Foundation is committed to an extensive, ongoing public information campaign addressed to this pervasive, costly, and hidden national emergency. This site provides an overview of depression as well as information on the Foundation.

**National Institute of Mental Health (NIMH)**

**[www.nimh.nih.gov/](http://www.nimh.nih.gov/)** NIMH provides information on specific mental disorders, their diagnosis, and treatment.





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